

State of Health Report



Alcohol Misuse

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Alcohol Misuse

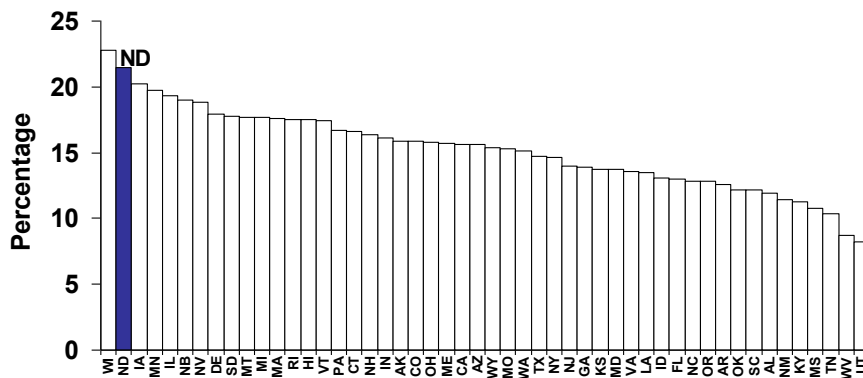
Alcohol Misuse

Although not all use of alcohol is associated with adverse health outcomes, the misuse of alcohol, including excessive consumption on a single occasion and sustained heavy use, has a substantial negative impact on the health of North Dakotans. Potential health consequences of alcohol misuse include:

- Risk taking behaviors leading to injuries, sexually transmitted diseases and unwanted pregnancies.
- Fetal injury.
- Alcohol poisoning.
- Malnutrition.
- Organ damage (e.g., liver, nerves, brain, pancreas).
- Alcohol withdrawal syndrome.

North Dakota has a substantial problem with alcohol misuse. Among all the states, North Dakota is consistently ranked high in binge use of alcohol among both adults and high school students.

Percentage of Adults Who Reported Binge Drinking in the Past 30 Days, by State, 2008



What Does the Data Show

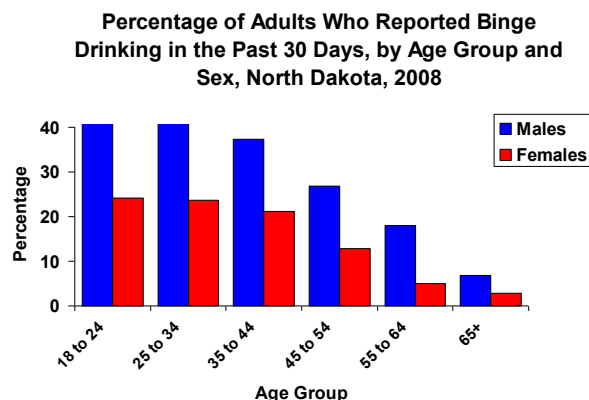
Alcohol Use Among Adults and Teens

In 2008, 58 percent of North Dakotans ages 18 and older reported any alcohol use in the preceding 30 days (compared to 54 percent of U.S. adults). The use of any alcohol was highest among those ages 18 to 54 (67%), and lowest among people ages 65 and older (40%). Males are more likely than females to use any alcohol (65% vs. 51%). Among students ages 18 to 24, 44 percent reported alcohol use in the past 30 days.

In 2007, use of alcohol in the past 30 days was 46 percent among all high school students, ranging from 32 percent among freshman to 62 percent among seniors. Among high school students, any alcohol use during the past 30 days was similar for males and females (46% vs. 49%), although more females in ninth grade tended to drink than males in ninth grade, and more males in 12th grade tended to drink than females in 12th grade. Among middle school students, 10 percent reported initial alcohol use beginning before age 11.

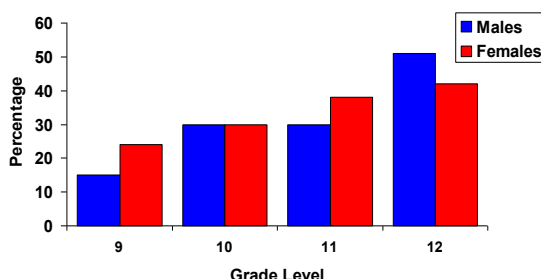
Prevalence of Binge Drinking Among Adults and Teens

Binge drinking is defined in the Behavioral Risk Factor Surveillance System as males having five or more drinks on an occasion or females having four or more drinks on an occasion. In 2008, 22 percent of North Dakotans reported binge drinking (compared to 16 percent for the United States). North Dakota has the second highest binge drinking rate in the United States. Over the past 10 years the rate of binge drinking in North Dakota has remained relatively stable. Binge drinking is higher among males than females and is highest among people younger than 35. Binge drinking among adults was particularly high among people who reported that their occupation was construction or manufacturing (42%) or farm/ranch work (29%), among smokers (38%), and among people who reported that they did not have a personal health-care provider (33%). Among students ages 18 to 24, 37 percent reported binge drinking during the past 30 days.



In 2007 among middle school students, 15 percent reported binge drinking. Among high school students, 33 percent reported binge drinking (five or more drinks in a row) compared to 26 percent among high school students nationwide. Binge drinking ranged from 19 percent among freshman to 47 percent among seniors (compared to 17 percent among freshmen and 37 percent among seniors nationwide.). The rate of binge drinking was similar among males and females.

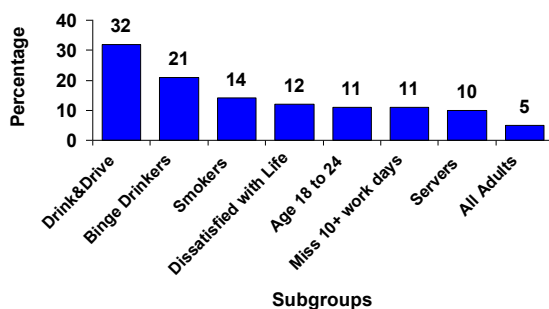
Percentage of High School Students Who Reported Binge Drinking in the Past 30 Days, by Grade Level and Sex, North Dakota, 2007



Prevalence of Heavy Drinking Among Adults

Heavy drinking is defined as more than two drinks per day for men or more than one drink per day for women. Five percent of North Dakota adults reported heavy drinking, which was the same as the median for all the states. Twenty-one percent of binge drinkers were also heavy drinkers while 90 percent of heavy drinkers were also binge drinkers. Heavy drinking was increased especially among adults who reported one or more times in the past 30 days when they had driven when they had had too much to drink (32%), smokers (14%), adults ages 18 to 24 (11%), adults who reported eight or more days out of the last 30 in which their mental health (8%) or physical health (8%) was not good, food and drink servers (10%), adults who missed 10 or more days of work in the last year due to physical illness (11%), and adults who reported that they were dissatisfied or very dissatisfied with their lives (12%). Among students ages 18 to 24, 11 percent reported heavy drinking.

Percentage of Respondents Who Reported Heavy Drinking Among Population Subgroups, North Dakota, 2008



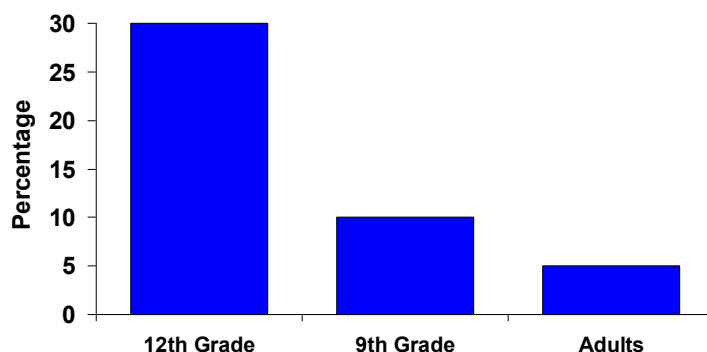
Drinking and Driving

Adults were asked how many times in the past 30 days they had driven a car when they had had perhaps too much to drink. Five percent of adults reported drinking and driving one or more times in the past 30 days. Nineteen percent of heavy drinkers reported drinking and driving in the past 30 days. Heavy drinkers were seven times more likely to report drinking and driving than drinkers who did not drink heavily. Nineteen percent of binge drinkers reported drinking and driving in the past 30 days. Binge drinkers were 41 times more likely to drink and drive than were drinkers who did not binge. Among adults who were both heavy drinkers and binge drinkers (4 percent of the adult population), 32 percent reported drinking and driving. Among those who reported drinking and driving in the past 30 days, 92 percent were binge drinkers.

High school students were asked how many times in the past 30 days they had driven a car when they had been drinking alcohol. Nineteen percent of all high school students reported drinking and driving. Among freshman, 10 percent reported drinking and driving, whereas among seniors 30 percent reported drinking and driving. The rate of drinking and driving was similar for males and females.

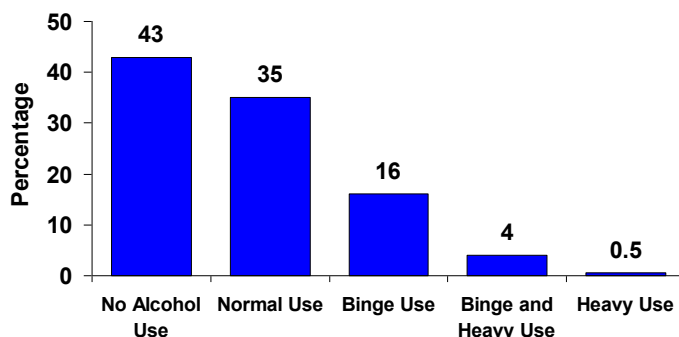
Thirty-two percent of high school students reported riding in a car with someone who had been drinking. Females in ninth, tenth, and eleventh grade were more likely than males in the same grade to have been riding with someone who had been drinking, but senior males were more likely to have been riding with someone who had been drinking than were senior females.

Drinking and Driving in the Past 30 Days Among High School Students and Adults, North Dakota



HS students 2007, Adults 2008

**Alcohol Use and Misuse Among Adults 18 and Older
North Dakota, 2008**



HS students 2007, Adults 2008

Alcohol-Related Deaths

The Centers for Disease Control and Prevention estimated that between 2001 and 2005, 167 deaths in North Dakota were attributable to alcohol consumptions. More than 70 percent of the deaths were among males. The most common causes of alcohol-related deaths were liver disease, motor vehicle crashes, falls and suicide. The leading cause of alcohol-related deaths among those younger than 35 years old was motor vehicle crash. Among those between 35 and 64, liver disease was the leading cause of alcohol-related death, and among those ages 65 years and older, falls were the leading cause of alcohol-related deaths. CDC estimated that there were nine alcohol related deaths among teens between 2001 and 2005, of which six were due to motor vehicle crashes.

Interpreting the Data

Although for many health indicators, North Dakota does better than most other states, North Dakota does substantially worse than other states in binge drinking. Binge drinking begins at an early age. Fifteen percent of middle school students reported binge drinking. Although binge use among North Dakota high school freshmen was not substantially worse than the rate nationwide, among high school seniors, binge drinking was significantly higher in North Dakota than in the United States. The potential for serious health consequences to teens is evident from the number who drink and drive or ride with someone who has been drinking and by the number of motor vehicle crash deaths among North Dakota teens that are attributable to alcohol. High rates of binge drinking continue into adulthood, with North Dakota having the second highest binge drinking rate among the 50 states. Heavy drinking prevalence is similar to that for the nation, but it should be noted that nearly all heavy drinkers are also binge drinkers.

Links to Data Tables

[Alcohol-related deaths in North Dakota, 2001-2005](#)

[Population groups at risk for binge drinking, 2005](#)

[Population groups at risk for heavy drinking, 2005](#)

[Population groups at risk for drinking and driving, 2002](#)

The State of Health of North Dakotans document describes the health of North Dakotans by providing data about the issues that cause disease or create health risk. In addition, for some of the topics covered, information has been added describing the impact of the issue on human lives, solutions that work and current programs used in North Dakota to address the issue. The document is and will remain under continuous development. Additional topics will be added as they are completed and data from existing topics updated as new information becomes available. The link to the left provides active web links to the topics currently available and lists other topics planned for the future.

[More Health Reports](#)



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